

# the Post

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Ed Mingin

**TOUCHDOWN** — Soldiers from the 404th Civil Affairs Battalion headed to Lakehurst Naval Air Engineering Station last week for some airborne training. The 404th was recently designated an airborne battalion. See more photos on page 12.

## Sky's the limit for Civil Affairs unit

Ed Mingin  
Public Affairs Staff

Finding new and better ways to meet challenging missions is an ongoing task for the Army. For the Army Reserve's 404th Civil Affairs Battalion, airborne training was the answer.

"A lot of our missions are in support of special operations units. If the 82nd Airborne or the Rangers are going in, we need to go with them to support them. We can't go in from 12 hours away and support them, we need to go in with them," said Lt. Col. Robert Crowley, commander of the 404th, Fort Dix.

"We serve as the interface between the U.S. military and the civilian population, wherever we are operating. Our missions range from humanitarian assistance to operations during major theater war, and everything in between. Civil Affairs Soldiers may deploy in very small elements to work out of a U.S. Embassy, coordinate reconstruction efforts in remote regions of the world, or advise community leaders on governance and economic policies. Our civil affairs Soldiers — particularly in a battalion such as this — really need to be a cut above, and have the maturity and capability to execute assigned missions with minimal guidance," said Crowley.

Civil Affairs units provide area commanders with cultural expertise, assess the needs of the civilian populace, handle civilians on the battlefield and refugee operations, keep the commander informed of protected targets such as schools, churches, hospitals, etc., and interface with local and international Non-Governmental Organizations and private volunteer organizations. This provides the commander with a unique battlefield overlay of all civilian activity and ongoing infrastructure projects.

To come up to speed with its new airborne designation, the 404th conducted a training jump at Lakehurst Naval Air Engineering Station Aug. 24. Lakehurst is contiguous to Fort Dix, and its facilities are often used for aviation training for Army, Navy and Air Force personnel.

The jump was set up by the 450th Civil Affairs Battalion from Maryland. This battalion is the sister unit of the 404th, and Soldiers from both battalions participated in the training exercise.

"As one of the few airborne battalions in the USAR, this jump postures us to better support conventional Army airborne units, Special Forces units, and the Ranger Regiment. It is part of our Mission Essential Task List. This year we had elements jump with the Rangers, and we will be training with the 82nd Airborne and Special Forces units in Africa during the coming months. Civil Affairs is a low density/high demand Army capability, and even fewer units are organized and trained as airborne units — a rare commodity, with great value to the Army," explained Crowley.

The Soldiers of the 404th had already received airborne training. Many of them were still actively jumping, but to meet the mission, the whole battalion needed to come together and jump. "This is refresher training. They are all paratroopers, but some have not jumped in a while. They have to jump once a quarter to stay current," said Crowley.

Some in the battalion had jumped as recently as a couple weeks ago. Others had not jumped in years. "My last jump was only a couple of weeks ago, yet this jump has great meaning. While we've had a number of us jumping for a while, we look at this jump as the battalion's inaugural jump. The pride I have for all the great Soldiers in this battalion is immense — they consistently perform superbly — and this jump will once again demonstrate their

(continued on page 12)



## Casey outlines threats to Iraq, daily progress

Jim Garamone  
American Forces Press Service

WASHINGTON, Aug. 30, 2006 — The primary threats to Iraq's security are terrorists and death squads, the coalition commander in the country said today, and both must be addressed if Iraq is going to progress.

Army Gen. George W. Casey Jr. said the Iraqi people "aren't going to have the security that they want until the Iraqi security forces are the primary and dominant providers of security in the country. That won't happen until all militias and insurgents are disbanded."

Casey spoke to reporters this morning in Baghdad.

He said the Iraqi security forces are developing and continue to evolve and that soon they will turn into "security forces that the Iraqi people can be proud of."

The Iraqi forces are receiving the equipment they need to deal with the enemy they face, Casey said. But they will receive more armored vehicles, more aircraft and more logistical capabilities in the coming months.

Casey said that while he does not know when Iraqi forces will be able to take over the security mission, they'll be able to take on security missions with very little coalition support over the next year to 18 months.

The coalition and Iraqi government have a three-step process to develop the security forces, he said. The first step involved recruiting and training the army and police. This included giving the soldiers and police the weapons and equipment they need.

"The second step was to put them into the lead, still with our support," Casey said. "When they're in the lead, they're responsible for the area, and we

(continued on page 4)

## Caffie new Reserve top enlisted leader

J.D. Leipold  
Army News Service

August 30, 2006 WASHINGTON — Command Sgt. Maj. Leon Caffie was sworn in as the 10th U.S. Army Reserve command sergeant major by Lt. Gen. Jack C. Stultz, commander of the Army Reserve, at a ceremony in the Pentagon's Hall of Heroes yesterday.

The ceremony also marked the first time the Army Reserve will have a double-hatted command sergeant major. In the previous structure, there were two command sergeants major — one served as the enlisted leader of the U.S. Army Reserve Command at Ft. McPherson, Ga., while another served as the enlisted leader for the Chief of the Army Reserve in Washington, D.C.

"We've changed that to one position," Stultz told the audience. "This is symbolic of not only bringing in new leadership, but also of the fact that we're transforming the reserves into an operational force from an old-legacy force."

Stultz interviewed 16 candidates for the position, and sought advice from Sgt. Maj. of the Army Kenneth O. Preston and U.S. Army Training and Doctrine Command's Command Sgt. Maj. John Sparks on what qualities to look for in a prospective command sergeant

major.

"They told me 'you'll know who it will be when you feel it in your gut,' and that's what happened when I interviewed him," Stultz said. "He genuinely cares about Soldiers. I think Soldiers will follow him anywhere — not because he cuddles them; he is very demanding, strict on discipline and standards."

"He won't tolerate sub-standard performance and that's what Soldiers appreciate — the fact that he demands and lives up to that warrior ethos and doesn't ask anything of a Soldier that he's not willing to do himself."

In his new position, Caffie will lead more than 153,000 enlisted reserve Soldiers and serve as the chief advisor to Stultz on all enlisted Soldier matters with respect to training, leader development, mobilization, employer support, family readiness and support, and quality of life.

Following the acceptance oath, Caffie spoke briefly to the audience, thanking his wife, Sylvia, for her support throughout 35 years of marriage, and Stultz for giving him the opportunity to serve as the command sergeant major.

"The most important part of this job that I'm looking forward to is the interaction I'll have with Soldiers," he said. (continued on page 3)

### NEWSNOTES

#### Women of Chapel host Bible Study

The Fort Dix Women of the Chapel will host a welcome coffee for their fall Bible Study Program Sept. 5 at 7 p.m. at the Main Chapel. Regular sessions will begin Tuesday, Sept. 12, from 9:30 to 11:30 a.m. For more information, call Eloise Deas, 609-893-9716.

#### Retiree Appreciation Day offers information to go

Fort Dix will open its doors to military retirees from all services Sept. 16 for information updates on benefits, the state of the Army and some red, white and blue entertainment from the USO.

Griffith Field House will open at 8 a.m. with refreshments available and County Fair Information Booths ready to distribute information and offer a variety of medical screenings.

Opening ceremonies for the Retiree Appreciation Day begin at 10 a.m., with posting of the colors and introduction of guest speakers by George A. Waters Jr., chairman of the Retiree Council.

The USO will present entertainment at 11:30 a.m., and the County Fair Information Booths will be open until 1 p.m.

The Fort Dix Museum, located on Pennsylvania Avenue next to the Thrift Shop, will be open from 8 a.m. to 4 p.m. the day of the event.



#### Carson and Barnes Circus brings big top to Dix

Fort Dix Morale, Welfare and Recreation will host four performances of the Carson and Barnes Circus Sept. 14 and 15 at the Wrightstown Circle. Performances will be at 5:30 and 8 p.m. Tickets are on sale at all MWR activities, and those who purchase them in advance will get a discount rate of \$12 for adults and \$6 for children. For more information, call MWR at 562-4756.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

## Celebrating Labor Day

# Workers fought for their share in land of plenty

compiled by Steve Snyder, Public Affairs staff



www.mccombs.utexas

**UP FROM THE MINES** -- John Llewellyn Lewis (1880-1969) was president of the United Mine Workers of America from 1920 until 1960 and founding president of the Congress of Industrial Relations (CIO). His was the dominant voice of labor in the 1930s when workers organized to fight the ravages of the Great Depression, helped by the National Industrial Recovery Act of 1932 which guaranteed workers the right to organize and bargain collectively over terms and conditions of their employment. "Let the workers organize," he said. "Let the toilers assemble. Let their crystallized voice proclaim their injustices and demand their privileges. Let all thoughtful citizens sustain them, for the future of Labor is the future of America."



photo courtesy of the Newberry Library, Kerr Archives

**MATERNAL INSTINCT** -- Barely five-foot tall, Mary Harris "Mother" Jones (1837-1930) was once labeled "the most dangerous woman in America" by a district attorney who feared her efforts on the behalf of women and children exploited by callous employers of the day. "I have been in jail more than once and I expect to go again. If you are too cowardly to fight, I will fight," thundered Jones. She was a fearless organizer for the mine workers during the first two decades of the 20th Century, becoming "Mother Jones" in a nationwide strike of soft coal workers in June 1897 when her oratory moved thousands across the nation. Jones was most agitated by the Ludlow massacre of striking miners in West Virginia in 1912 and by the abuse of children by businesses and she spoke out against both. She urged followers to "Pray for the dead and fight like hell for the living." Women especially needed to realize that "No matter what the fight, don't be ladylike. God almighty made women and the Rockefeller gang of thieves made the ladies." Jones also advised workers to "Sit down and read. Educate yourself for coming conflicts."



www.chicagovideo.com

**IDEA MAN** -- A criminologist by training, Saul Alinsky (1909-1972) got into labor organizing in his native Chicago before founding the Industrial Areas Foundation, sort of an intellectual guild which trained community organizers around the country. Author of "Reveille for Radicals" and "Rules for Radicals," Alinsky had only contempt for many of the pampered radicals in the 1960s, observing that "Quotes from Mao, Castro, and Che Guevara - are as germane to our highly technological, computerized society as a stagecoach on a jet runway at Kennedy airport." Alinsky thought "Life is a corrupting process" and "he who fears corruption fears life." He didn't relish the "abrasive friction of conflict" that heralded, in his opinion, genuine progress.



www.soundtrackcollector.c

**BLOOD AND GUTS** -- The history of the labor movement in America is rife with violence as workers battled management for pieces of the economic pie. Managers frequently denounced workers as Reds, radicals and threats to the nation while labor leaders blasted management for being infested with robber barons, fat cats and plutocrats who had no interest but their own at heart. Both sides had a point. The poster above advertises the 1970 movie, "The Molly Maguires," about the Irish immigrant secret society who waged a terrorist campaign against exploitative mine owners in northeast Pennsylvania from the mid-1860s to about 1875. The movie is a classic, capturing the temper - and terror - of the times.



www.tamu.edu/upress

**DOWN ON THE FARM** -- Cesar Chavez (1927-1993) was a charismatic folk hero who was the first to organize farm workers into a union (the United Farm Workers) and whose efforts inspired millions to sympathize with field hands. Organizer of a famous boycott of California grapes in the late 1960s, Chavez summed up the case for farm workers eloquently. "We draw strength from the very despair in which we have been forced to live," he noted. "We shall endure." But the fearless labor leader also recognized that "Our struggle is not easy. Those who oppose our cause are rich and powerful and they have many allies in high places. We are poor. Our allies are few. But...we have our bodies and spirits and the justice of our cause as our weapons."



www.geocities.com

**TOUGH GUY** -- Son of a coal miner, labor organizer, president of the Teamsters Union, Robert Kennedy's bete noire, convicted felon, and mob associate; Jimmy Hoffa (1913-1975) famously disappeared in 1975 after attempting to regain control of the Teamsters Union. Whatever his faults, though, Hoffa typified one of the images held by the public of labor leaders, that of a gruff, no nonsense, scarred-knuckled veteran of constant battles - some illegal. "I may have my faults but being wrong ain't one of them," he immodestly proclaimed on one occasion but he remained true to his code, "Don't let any man into your cub, your home, or your heart, unless he's a friend of labor."



mrzine.monthlyreview.org

**AMERICAN RADICAL** -- Eugene Victor Debs (1855-1926) embraced socialism after being jailed six months for participating in the Pullman strike of railroad workers in 1894. He ran for president of the United States on the Socialist Party ticket five times between 1900 and 1920, winning millions of votes. Debs also helped start the American Railway Union in 1894 and the Industrial Workers of the World or "Wobblies" in 1905. He was probably the best-known advocate of industrial unionism in the country. In addition, his activities helped spur adoption of progressive social and economic reforms. "While there is a lower class I am in it," he proclaimed, "while there is a criminal element I am of it; while there is a soul in prison, I am not free."



www.feri.org

**MADAM SECRETARY** -- Francis Perkins (1880-1965) shares a laugh with President Franklin D. Roosevelt. Perkins was the first woman to hold a Cabinet post, serving as secretary of labor for 12 years under FDR's reign. She was highly effective in improving the lives of working people and helping make labor unions a legitimate part of American life. She pushed the Wagner Act giving unions the right to organize, gave impetus to the Fair Labor Standards Act establishing a minimum wage and maximum work week, and formed a committee which was instrumental in drafting legislation that eventually became the Social Security Act. "The door might not be opened to a woman again for a long, long time, and I had a kind of a duty to other women to walk in and sit down on the chair that was offered, and so establish the right of others long hence and far distant in geography to sit in the high seats," she said, regarding her status as the first female Cabinet member in the nation's history.

## the Post

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## National Preparedness Month

# Readiness key to survival

U.S. Army Combat Readiness Center, FORT RUCKER, Ala. - About one year ago, three powerful hurricanes - Katrina, Rita and Wilma - claimed the lives of more than 1,000 people and left millions more displaced or homeless.

To prevent others from suffering such a fate, the U.S. Department of Homeland Security is increasing public awareness about the importance of preparing for severe weather emergencies while encouraging people to take action during September's National Preparedness Month.

Throughout the month, DHS will work with a variety of organizations, including local, state and federal government agencies and the private sector, to highlight the importance of family emergency preparedness and promote individual involvement through events and activities across the nation, according to the National Preparedness Month Web site at <http://www.ready.gov/america/npm/index.htm>.

Preparing for possible disasters does not have to be a complicated process, said Keith Robertory, preparedness expert for the American Red Cross.

"It can be ongoing, starting with a basic plan on what to do in case of emergencies," Robertory said. "For example, the plan can begin with the mutual agreement of how to communicate and keep accountability of one another during an emergency, whether at home, work or school."

Military personnel, on the other hand, should make two disaster preparedness plans for two types of possible scenarios: one for deployed servicemembers and another for those at home, Robertory said.

To help families develop such plans, the Federal Emergency



Management Agency and the American Red Cross provide several disaster preparedness guides. One guide, "Preparing for Disaster", has four main steps to follow:

1. Get informed - Know the specific hazards that threaten a community.
2. Make a plan - Review community information and formulate a plan for home protection and evacuation.

primary focus must be on saving human lives. In the aftermath of Katrina, thousands of abandoned cats and dogs were found struggling to survive in devastated neighborhoods. Being certain that you can care for your pets is another reason to evacuate threatened areas as soon as possible so you are not forced to leave your animals behind.

More information on this guide can be found at

**Despite all the information available to the public and the growing awareness of natural disasters, only 67 percent of Americans claim to have a disaster-preparedness kit, according to the Insurance Information Institute.**

3. Assemble a kit - Gather a three-day supply of necessities at minimum.
4. Maintain a plan and kit - Quiz family members, conduct emergency drills, restock and test equipment. Don't forget to include items for your pets in this kit, along with carriers, leashes, and all of their vaccination records.

Pets can become a tragic issue during disasters, where the

<http://www.redcross.org/images/pdfs/preparedness/A4600.pdf>

With the National Oceanic and Atmospheric Administration's prediction of another active hurricane season this August-October, the call for families to take action couldn't come sooner. Hurricanes are known to produce a deadly combination of storm hazards, to include extreme wind, rain, floods and tornadoes from along

the coastline and up to hundreds of miles inland.

Unfortunately, NOAA's seasonal outlook cannot specify where or when tropical storms, hurricanes and other severe weather might strike, so preparedness becomes increasingly important.

"As we approach the peak of the hurricane season, our message remains the same - be informed and be prepared," said Max Mayfield, director of the NOAA National Hurricane Center. "Preventing the loss of life and minimizing property damage from hurricanes are responsibilities shared by all."

Massive flooding in May damaged areas in the Northeast more than people had seen in 70 years, and 491 tornadoes caused 52 deaths from January through May, according to Dr. Greg Forbes, the weather channel's severe weather expert.

More recently, there was an increase in the number of lightning deaths, said John Jensenius, a lightning safety expert with the NOAA. Twenty-seven people died as a result, with 14 of those deaths occurring since July 15. "People are ignoring the common warning signs of thunderstorms or failing to get to a safe place when thunderstorms threaten," he said in an Aug. 4 press release.

People can also find more details on how to protect themselves and their families against all types of hazards in an indepth guide titled "Are You Ready?" The guide, provided by FEMA, can be found at [http://www.fema.gov/pdf/areyouready/areyouready\\_full.pdf](http://www.fema.gov/pdf/areyouready/areyouready_full.pdf)

Despite all the information available to the public and the growing awareness of natural disasters, only 67 percent of Americans claim to have a disaster-preparedness kit, according to the Insurance Information Institute.

"The biggest mistake people can make is not taking disaster preparedness seriously and doing nothing," Robertory said. "Individuals and families should be proactive in disaster preparedness, at home, in the neighborhood and around the community."

Being prepared can reduce fear, anxiety and losses that accompany disasters, according to FEMA. For more information on severe weather alerts and disaster preparedness, visit one of the following Web sites:

<http://www.redcross.org/>  
<http://www.firstgov.gov/Top>

## Police Log

## 2006 Labor Day Safety Message

Col. R. David McNeil  
Fort Dix Commander

On Sept. 4 2006, we will observe Labor Day, thus celebrating the achievements of the American workforce. As such, many of us will take the holiday weekend to engage in recreational activities to end the summer season. Swimming, driving, camping, boating, travel or any activity your family chooses to embark upon this holiday weekend will have some risks associated with it. The key is to know the risks and avoid them.

Each of us must take responsibility for our safety, the safety of our families and fellow Soldiers. Leaders especially must take an active role in the safety of their Soldiers and civilian employees. Privately owned vehicles are still the number-one cause of fatal accidents to our Soldiers and civilians. All of the fatal crashes can be contributed to reckless driving, fatigue, alcohol use, poor lane discipline and/or speeding. Most of the fatalities are directly related to not using a seatbelt or protective motorcycle gear.

If you plan on drinking alcoholic beverages this weekend, remember to drink wisely. Never drink and drive. Any amount of alcohol will affect the human body. You don't have to be legally drunk to be too impaired to drive. Have a plan, use a designated driver, take a cab or just stay where you are. Overuse of alcoholic beverages is the number-one contributing factor to adults choking in the United States, and my also place you in social situations you would rather avoid.

I wish everyone a safe and enjoyable Labor Day weekend.

## Caffie selected

(continued from page 1)

"My primary purpose is to take care of those young Soldiers, the young impressionable minds of the 18- and 19-year-old men and women who volunteered to join our reserves... It's my pleasure to be able to share with them some of the wisdom and experience I've gained throughout the years."

Caffie began his Army career when he was drafted in 1970. After serving in Vietnam, he joined the Army Reserve.

He holds an associate's degree in general education from Santa Fe Community College, in Gainesville, Fla., and a bachelor's degree in communications from Regents College, Albany, N.Y.

Caffie has also completed numerous civilian law enforcement courses and certifications, and graduated with distinction from the FBI National Academy, Quantico, Va.

He retired as a major from his civilian position with the Alachua County Sheriff's Office in Florida, where he served as director of Law Enforcement Operations.



# AKO homepage gets new look, features

(Army News Service, Aug. 30, 2006) — Computer users landing on the Army Knowledge Online homepage are finding a new format.

AKO launched a new homepage Aug. 26 to help users easily navigate the site and find information quickly.

"We received a lot of feedback from our customer base stating that the old

AKO homepage was overwhelming and had too much information," said Col. Taylor Chasteen, project director, AKO. "We thought that better organization and a more elegant design would facilitate the user experience."

Users now see a new design; easier navigation tools like scrolling tabs, drop-down menus and picture icons; important news items on the top of the page and a change in how information is organized.

The left navigation bar on the former homepage was also removed to allow additional space for content from administrators.

The AKO homepage was last revised two years ago, but the AKO team says users can expect to see more frequent updates.

"We tried to focus on the concept of continuous improvement and increase usability," said Diane Bartley, leader of the AKO team. "We wanted to make things cleaner and easier to find, and we tried to eliminate the number of clicks and scrolling the users would have to utilize."

Users have responded positively to the new look, according to Bartley.

"We have a very vocal user community and we have received so many positive comments," she said.

Users visiting AKO for the first time since the modification can click on the "AKO Homepage Upgrade Page" link for more information on all the changes.



Users can also take an interactive tour of the new homepage and look at a cheat sheet which gives a before and after version of the homepage to compare as you go.

With the current upgrade complete, the team is now working to improve the search function, according to Lt. Col. Kenneth Fritzsche, chief of operations.

"We have only just begun. We are still going to continue to improve the homepage," Nallo said. "The goal is to always strive to modify things and make them better."

## Casey updates Iraq issues

(continued from page 1)

still help them. That process is almost 75 percent complete."

The final step will be to get the forces to the stage where they can provide security independently. "That step becomes primarily building institutional capacity, building ministerial

enabling systems — logistics, intelligence, medical support, those kinds of things — that can support and sustain the armed forces in place for a longer period of time."

Casey stressed that the Iraqi army forces in Diwaniyah "acquitted themselves quite well" in fighting against militia forces in the city. "They had losses, but they gave much better than they got," he said. "And

that battle is not finished yet. There were (Iraqi) soldiers that were killed there. There is clearly an illegal armed force that is attempting to control areas of Diwaniyah, and I believe that the Iraqi division commander down there is going to continue to work to restore Iraqi governmental control to that city."

Disarming militias is key to success in Iraq, Casey said, noting that the militias have to be confronted both politically and militarily. He said dealing with the militias is "fairly sophisticated and delicate, but both those tracks have to be pursued if we're going to stand the militias down in an appropriate fashion."

The experience in Baghdad illustrates the way to take down the militias. "What we're seeing

in Baghdad, as these neighborhoods are cleared, is the Iraqi security forces that go in and hold the security in those neighborhoods," he said. "I think when the people begin to feel more confidence in their security forces, they'll feel less need to rely on the militias."

Militias are a problem, with some "no better than murdering, criminal gangs" that "flout the rule of law every day," Casey said. "Those need to be dealt with firmly by the government, because no government can stand to have criminal groups terrorizing their population."

Casey said he has great hopes for the establishment of the Iraqi ground force headquarters and joint headquarters, both to begin operations in the next few days.

This will give Iraqi security forces the oversight from their government that has been missing, he said.

Casey praised the work of the soldiers of the 172nd Stryker Brigade Combat Team in Baghdad. He extended the brigade's tour of duty in Iraq for four months to help combat sectarian violence in the capital. "It puts our most capable force at the decisive point in the campaign, and that's what we needed," he said. "They are magnificent young men and women, and their families are also magnificent for the support that they give these soldiers. I know it was difficult for the families. These soldiers are making a decisive difference here on the ground in Baghdad."

**American Red Cross  
looking for volunteers**

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to help out in the office. Applicants should have clerical skills and be computer-literate. Call 562-2258 if interested or for more information.

# NEIGHBORHOOD

## THE CORNER

### Commissary holds Case Lot Sale

The Fort Dix/McGuire Commissary will hold its annual Case Lot Sale Sept. 1-2 from 10 a.m. to 6 p.m.

### Elementary School to host Meet the Teacher event

The Fort Dix Elementary School will be hosting a "Meet the Teacher" event Sept. 6 from 2 to 3 p.m. Parents will have the opportunity to ask questions and meet their child's teacher. For further information call Dot Hosey at 723-1298.

### Free tickets available for Military Appreciation Night

Lourdes Health System will host Military Appreciation Night Sept. 6 at the Camden Riversharks take on the Atlantic City Surf. The game is free for active military with valid ID (includes National Guard and Reserve) and \$5 for veterans and families. Post-game fireworks are also included.

Call 866-SHARKS9 for tickets, or visit [www.riversharks.com](http://www.riversharks.com) for more information.

### BOSS needs volunteers for Habitat for Humanity

The Fort Dix/McGuire Better Opportunities for Single Servicemembers (BOSS) program and Habitat for Humanity are teaming up Sept. 9 to help build a house in Burlington County. Volunteers will leave Fort Dix at 7 a.m. and return at 5 p.m.

Each volunteer will receive a BOSS t-shirt. Those interested should send e-mail to [troy.boxton2@na.amedd.army.mil](mailto:troy.boxton2@na.amedd.army.mil).

### ACS to host free Resume Workshop

Army Community Service, in partnership with the Burlington County College Job Placement Office, will host a free Resume Workshop Sept. 25 from 11:30 a.m. to 12:30 p.m. in Bldg. 5201 Maryland Avenue.

Register by calling Rod Martell at 562-2186 or sending e-mail to [rodriguez.martell@dix.army.mil](mailto:rodriguez.martell@dix.army.mil). Seating is limited to 20 people.

### Support groups for kids held at Watson Towers

Army Community Service Soldier and Family Life Consultants have begun support groups for children, preteens and teens. The groups will be held in the Watson Towers, JRC, Bldg 5250, New Jersey Avenue. There are three groups:

- Children, ages 5-10, will meet Tuesday mornings from 10 a.m. to noon.
- Preteens, ages 11-13, will meet Thursday mornings from 10 a.m. to noon.
- Teens, ages 14-17, will meet Thursday afternoons from 1-3 p.m.

Please call Midge Schuck at 649-2522 or 562-6715 to enroll your child/children or for further information.

## WEATHER

**FRIDAY --** Breezy and cloudy with rain in the afternoon. High of 71 degrees, low of 59.

**SATURDAY --** Windy and rainy with highs in the low 70s, low of 61.

**SUNDAY --** Cloudy and humid with possible thunderstorms. High of 75 degrees, low of 62.

**MONDAY --** Cloudy with possible showers. High of 83 degrees with lows in the mid 60s.

## Read The Post!

## Kids choking for high no game

Melissa Bird  
Public Affairs Staff

Children call it a game, their parents call it a nightmare, the Fort Dix Family Advocacy Program calls it preventable. It is known as the 'Choking Game' and children all around the world are dying as a result of it.

On Aug. 24, the Family Advocacy Program, in conjunction with the Teen Center, arranged a presentation for children at the Youth Center. Upper Moreland Township D.A.R.E. Police Officer Scott Metheny started his presentation with a warning, telling the students the 911 tapes and the photos he was about to show were real, and graphic. He urged them to leave the room if they found it necessary and that an adult would escort them and support them as necessary. From those words on, the children grew silent and their eyes widened.

While the choking game is not something that is new to our society, it is something new to children.

By shutting off the oxygen supply to the brain, the body experiences a sense of high and a euphoric feeling that children are becoming addicted to. What children do not realize is this feeling they are experiencing is their brain dying.

"It's not a game; in a game you play to win. There is no winning in this game," said Metheny.

They are achieving this type of high by performing the act behind closed doors of their bedrooms - alone.

In a group, a child usually will have someone else choke them by applying their hands to the neck and sometimes



Melissa Bird

**GAME WITHOUT WINNERS --** Upper Moreland Police Officer Scott Metheny describes the terror about to be heard during a real 911 call placed by 13-year-old Sam Mordeca's twin brother, Gabe, who died while playing the Choking Game.

there is another person who will be used to try and catch the child. A child will also purposely hyperventilate themselves and another will push them to knock the breath out of them. They often tell authorities or their parents that they felt safe because they were not alone while engaging in the activity. However, children very often will use other means such as neckties, cords, ropes or ribbons to achieve this feeling while alone. This action is causing them to die by asphyxiation when they pass out and ultimately hang themselves.

Unfortunately, many times siblings and other family members are finding these victims and must continue through their lives with the pain.

Metheny played a real 911 tape of 13-year-old Sam Mordeca pleading for someone to help his twin brother Gabe, who fell victim to this deadly game. On the 911 tape you could hear Sam explaining to the operator how his mother was "trying to put him back to life."

"It is your choice to do it or not, not

your parents'," explained Metheny. "This will affect everyone around you."

Metheny explained to the children that he was merely giving the information to them so that they could better understand the consequences of their actions. Whether the act is performed one time or many, the damage to their brain is cumulative. The memory and intellectual brain cells are the most sensitive and are the first to be affected and die.

The best way to fight the Choking Game is with prevention and knowledge. "This is probably the only time you will ever hear a police officer tell you to lie," said Metheny. Make up an excuse to your friends when being faced with the situation of playing the Choking Game. Or simply just walk away, and tell the others that it is stupid what they are doing and it can kill you, he explained.

While many parents have been educated to make their children aware of the dangers of drugs and alcohol, many are not aware of the Choking Game. Metheny's advice to parents is to educate them and watch for the signs that the child may be playing these games. Warnings are unexplained headaches, marks on the child's neck, bloodshot eyes, wear marks on bed post or closet rods, or if the child has ribbons or ropes hanging in their room. Metheny also warns not to allow children to stay behind locked doors; it is the parent's right to know what their children are involved in and steer them in the right direction.

For more information on the Choking Game please visit [www.DeadlyGamesChildrenPlay.com](http://www.DeadlyGamesChildrenPlay.com) or [www.ChokingGameInformation.com](http://www.ChokingGameInformation.com).

## Art therapy coming soon

Army Community Service will offer Art Therapy sessions for children ages three to 13 for six consecutive weeks beginning Sept. 5. A professional art therapist will conduct the sessions using art activities as an assessment tool to understand the children's concerns and issues that usually cannot be expressed verbally.

Classes will be held each Tuesday, the first from 4:30 to 5:30 p.m., the second from 5:30 to 6:30 p.m.

Art therapy is a unique, non-threatening approach that uses art material, images, and discussion to help children express their thoughts and feelings.

Call 562-5767 to register in advance, which is required.



## Kids bond during Teen Orientation

Lacey Fuller from McGuire Air Force Base, left, goes for a ride with new friend Caistlin Boron of Fort Dix during Army Community Service's Teen Orientation Day. Teens from McGuire and Fort Dix were invited to participate in the day-long event that consisted of activities to help children become familiar with other students.

courtesy photo

## Youths attend national leadership conference

Melissa Bird  
Public Affairs Staff

The Boys and Girls Club of America held its 39th Annual National Keystone Conference in Washington, D.C., this month. Seven student representatives and two instructors from the Fort Dix Boys and Girls Keystone Club attended the four-day seminar.

Chauntel Wright, president, along with Antonio Etheridge, Javonni Al-Amin, Devan Holliday, Samantha Anderson, Demetrius Hatten, and KC Ferguson were among approximately 1,800 teenage Boys and Girls Club members from around the world who attended the conference.

Fort Dix Keystone Club instructors Cheryl Shervington and Antaya Tucker escorted and attended classes with the youth while they participated. Shervington was also an instructor in two sessions during the conference, sharing her knowledge in both sign language and team building.

This year's focus was on "Leading a Powerful Change," promoting the importance in leadership, team building and problem solving for the future.

"I got to learn new things by going to different workshops," said Wright.

The members of the Fort Dix Keystone group had to earn their place in the conference.

"We had to do a number of community service hours and show dedication to the group," said 16-year-old Holliday. This was the second time that Holiday had the opportunity to join the club at the summit.

The Keystone Club focuses on the issues that are facing the nation's youth and helps build leadership skills and promote character building to enable them to face the problems of the future.

Team-building skills are also essential for these 14 to 18 year olds, helping them to work with other people as they move through high school and into the world.

"The national conference was more than I expected it to be," said 18-year-old Etheridge. He found the speakers there very enlightening and their words impacted the way he felt about himself and his future.

"It got me to want to help out more than I do," Etheridge added.

All the groups that attended were required to create a banner made out of felt and other craft materials explaining the dynamics of their individual club. The Fort Dix club built theirs with a strong focus on their Army life and community. Entitled, "Taking you beyond our gates," it portrays a picture of each club member's head pasted on Army fatigues. On the bottom is a small, hand-made fence with a gate wide open allowing other members to come in and learn what this group has to offer, being from Fort Dix.

"It took a lot of hard work, but the dedication was

worth it," said club instructor Tucker.

The conference brought not only education about colleges, careers, leadership and responsibility, but also the culture that Washington has to offer. Club members were afforded the opportunity to take structured tours during their stay, along with enjoying the entertainment of former American Idol and Keystone club member Ruben Stoddard.

These activities and entertainments provided the youth with the lesson that hard work really does pay off.

"It was really nice seeing the youths enjoy themselves," concluded Tucker.



Melissa Bird

**LEADING A POWERFUL CHANGE --** Seven students and two instructors from the Fort Dix Boys and Girls Keystone Club recently attended the organization's national conference in Washington. Pictured from left are Javonni Al-Amin, Antonio Etheridge, vice president, Antaya Tucker, instructor, Samantha Anderson, Demetrius Hatten, Chauntel Wright, president, and, at front center, Devan Holliday.





Wayne Cook

**CONN'S JOB --** Chap. (Col.) Joseph Conn, 5th Brigade, 78th Division, left, takes a moment to visit with Sps. Todd Coombs, Charlie Troop, 2/107 Cavalry, Greenville, Ohio, in the dining tent at Tactical Training Base Tiger Aug. 28. Conn has been task to meet the spiritual needs of Soldiers in the field, and to provide training for mobilizing chaplains.

## New chaplain tasked to train, mentor Soldiers

Wayne Cook  
Public Affairs Staff

The 5th Brigade, 78th Division, has once again raised the standards of service provided to Soldiers who are training for mobilization. In order to meet the spiritual needs of Soldiers in the field and to provide training for mobilizing chaplains, it was determined that a senior chaplain should be assigned specifically for those tasks.

In stepped Chap. (Col.) Joseph Conn, who comes to New Jersey with a long and varied background of experience.

While with the Lighting Division, Conn's primary mission is to assist with training Soldiers who are deploying in support of the Global War on Terrorism. His direct mission will include training-related counseling for Soldiers in the field and to develop training for chaplains who are deploying through the installation.

A goal set by Conn is to improve the field facilities to include a tent complex for chapel services at Tactical Training Base Tiger. Working with 1st Army and Master Sgt. Hudson Berry, Conn's chaplain assistant, he hopes to help the Soldiers in the field to be better prepared to handle themselves and their everyday situations through more readily available counseling and more frequent ministry services at the TTB.

He also plans to visit other training sites under the oversight of the 5th Brigade to minister and to train chaplains.

"Having been a rapid deployment chaplain to Central America, to working with tankers at Fort Riley, I've had a vast array of experiences during my career, which I hope to draw on to better serve the Soldiers training and deploying through Fort Dix," said Conn.

A Californian at heart, Conn joined the Army on active-duty in 1968. Upon completion of infantry training in August of '68, just a day after his birthday, he shipped out to Vietnam for a one-year tour-of-duty.

Upon return to the United States, he served 18 months at Fort Ord, Calif., to finish up his initial obligation to the Army.

During the next few years, Conn worked a few different jobs and then decided to go back to school to get his degree. In 1979, he graduated from San Francisco State University and then entered directly into Golden Gate Baptist Theological Seminary in Mill Valley, Calif. The chaplain was ordained by the Southern Baptist Conference upon graduation in 1985.

Conn served his community in many areas during his schooling years, both in and out of the church. He served as an associate pastor and as a pastor with his church, and also as a hospital chaplain.

In 1986, the Southern Baptist Home Mission Board approved Conn's request to go back to active duty and serve in the Army as a chaplain. He was commissioned as a chaplain and was back on duty at Fort Ord before he knew it.

A one-year tour to Korea and a stint at the Advanced Course at Fort Monmouth kept Conn busy until he was assigned to Fort Riley, Ks., with the 1st Infantry Division.

He was called to duty in Iraq for five months during Desert Shield/Desert Storm and served as the battalion chaplain for the 7th Army Corps, after which he returned to Fort Riley until 1992 when he got out of the Army.

Conn and his family moved around for the next few years from Kansas to Hawaii to Oregon to Montana and back to California. During this time, he joined the National Guard with Hawaii as the brigade chaplain, and also with Montana and California.

In 1997, he deployed to Bosnia for 13 months as a member of the National Support Team in Sarajevo where he led the spiritual support team and the protestant chaplains.

"The deployment to Sarajevo, Bosnia, has been the highlight of my career thus far. The time was very active and the people were great. There was a bit of hostility, but we managed to keep things together. I liked that," said Conn.

During his time in Bosnia, his wife moved back to Hawaii where he joined her and linked up with the 9th Regional Support Command (now the 9th

Regional Readiness Command) and four months later became the 9th RSC chaplain.

In 2003, Conn was activated and moved his family back to California while he moved on to his next assignment at Fort Polk, La., where he was the chaplain for the 2nd Armored Cavalry Regiment and also the deputy installation chaplain until October 2005.

After a few months at Fort Huachuca, Ariz., he received the call to report to the 5th Brigade by the Chief of Chaplains Office.

## Youth ChalleNGe grads look to better tomorrow

Sgt. Shawn Morris  
444th MPAD

A city that bore witness to one of the great achievements in this nation's past paid tribute to the achievements of a special group of young people who will help shape this nation's future.

Family and friends filled the auditorium in the War Memorial at Trenton Aug. 26 as more than 100 students graduated from Class 24 of the New Jersey National Guard's Youth ChalleNGe Academy.

"Each of you here in this auditorium this morning has proved something," said Command Sgt. Maj. Jerome Jenkins, state command sergeant major and guest speaker at the event. "You proved that if you decide you want to do something, you will do something -- and you will be successful."

"It was your dedication, commitment, and sincere effort that

enabled you to meet the course requirements," Jenkins continued. "Today, you can all revel in that wonderful feeling of pride and satisfaction that comes with real success."

That success began with a two-week residential phase at Fort Dix where the Youth ChalleNGe cadets focused on attitude, drill and ceremony, the Honor Code, and physical training. The next step is a 20-week residential phase, again at Fort Dix, which offers preparation for the cadets to obtain their high-school diplomas, life skills, employment readiness, career development, job training, community service, leadership, and physical-fitness training.

During the final phase of the program, cadets return home and are assigned a trained mentor from their community who continues to provide guidance and direction for one year.

"Each of you has overcome the obstacles that prevented you

from succeeding in the traditional education system," said Jenkins. "You conquered the additional demands of physical-fitness training, military discipline, and the challenges of functioning in a strange, new environment away from home and family."

"You share the common experience of having 'Met the ChalleNGe,'" he added.

According to the graduates, getting through the academy certainly was a challenge.

"At first it was really hard, but in the end it was all worth it," said Cadet Josephine Paik of Warren.

"It takes a while, but it's a great thing," said Cadet Dionisio Cortes of Bayonne.

"I believe it gives a lot of confidence," added Cadet David Robinson of Pennsauken, the Class 24 distinguished honor graduate, "just knowing I have the ability to do whatever I put my mind to."

**FORT DIX  
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Call ACS  
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**Fort Dix  
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Channel 2 24/7 information

# MILITARY MATTERS

## Quartermasters prep to deploy

Wayne Cook  
Public Affairs Staff

The air was electric with anticipation as the 445th Quartermaster Company stood in formation in the Club Dix ballroom on the morning of Aug. 28. Approximately 120 Soldiers stood rank and file as they were showered with praise and wisdom from commanding officers during a farewell ceremony.

The members of the unit were joined by family members and friends for the event that signaled the end of their training at Fort Dix and their impending departure to take on their role in the War on Terrorism.

The ceremony opened with a performance by members of the USO Troupe of Metropolitan New York in Manhattan who danced and sang for the troops, including some of old songs by the Andrews Sisters like "Boogie Woogie Bugle Boy."

The host command for the ceremony was the 455th Chemical Brigade, commanded by Col. Robert Armstrong, and assigned to the Kelly Reserve Center at Fort Dix. Joining Armstrong in the reviewing party was Maj. Gen. William Terpeluk, commander, 77th Regional Readiness Command, and Maj. Anthony Cappetta, commander, 462nd Transportation Battalion stationed in Hamilton.

The formal portion of the ceremony began with the presentation of the colors by members of the 462nd Trans. Bn. Color Guard accompanied by the 319th Army Band from Fort Totten, N.Y., in playing the National Anthem.

Chap. (Col.) Ira Kronenberg, deputy installation chaplain, said a prayer of protection and blessing over the Soldiers of the 445th and their family members and was followed by a few remarks by Armstrong for the Soldiers.

Armstrong reassured the troops that he had "been there and done that" and they too would go out and perform their duties and return home. He reminded them that the mission would be tough but that their training had prepared them well and that their leadership was strong. He also spoke to the family members and told them that their support for their loved ones while overseas was going to be instrumental to their successful return home after their mission is complete. He also urged the family members to utilize the Army resources available, especially through the



photos by Wayne Cook

**READY TO SERVE** - The 462nd Transportation Battalion's Color Guard presents the colors to Capt. Jeffrey Wagner, commander, 445th Quartermaster Company, during a farewell ceremony at Club Dix Aug. 28. The 455th is set to deploy as part of the ongoing Global War on Terrorism. Col. Robert Armstrong, 455th Chemical Brigade commander, addresses his troops during the ceremony.

455th Chem. Bde., if they needed or lacked for anything while the 445th was deployed. He reminded the Soldiers that protecting their families was the reason they were going to war.

"I am just proud to serve with Soldiers who understand that we are a country at war and that they are ready, willing, and able to answer the call," said Armstrong.

**"The 445th Quartermaster Company has come together under the most challenging of mobilization situations."**

Maj. Gen. William Terpeluk  
77th RRC commander

Terpeluk reiterated Armstrong's statements and praised the members of the unit for all of their hard work and accomplishments. He added that if circumstances allow it he might be able to visit them in the theater of operations sometime during their deployment and would be looking forward to it.

"The 445th QM Co. has come together under the most challenging of mobilization situations," Terpeluk said of their preparedness and ability to accomplish the task at hand.

The 455th QM Co. is a ragtag assemblage of Soldiers from all across the country - from New Jersey to Florida to California -

and has become a cohesive and motivated unit.

The unit is commanded by Capt. Jeffrey Wagner and its mission is laundry, showers, and clothing repair in support of the Global War on Terrorism.

"The training has improved immensely since the last time I deployed," said Wagner.

"Soldiers went through some hard times here. They prevailed and came out strong, mind and body. I'm convinced they'll do well in theater," Wagner said.

"I'm excited. The Soldiers we have are ready to support our troops in Iraq and to support America. Don't forget us overseas, we need your support to get us through each day. We'll be back before you know it," said Spc. Patrick Kelly of West Deptford.

"I feel very comfortable. We had great training and we are very prepared for this," said Sgt. Edward Lopez of Absecon.

"I have received very good support from my civilian employer. I'm a corrections officer in Atlantic County. They are taking very good care of my family. I feel very good that both my civilian employer and the military are taking good care of my family. We'll see everyone before too long," Lopez added.

The ceremony included a promotion ceremony for some of the Soldiers and an awards



ceremony for some of the Soldiers who performed above and beyond during their training period.

The end of the farewell ceremony was capped off when one young Soldier proposed marriage to his girlfriend in front of the assembled unit and family members. She answered him with an emotion filled yes. Go Army!

## Bullets

### Web site to outline voting options for troops overseas

●WASHINGTON, Aug. 25, 2006 - A new Web site being developed by the Defense Department will provide information on electronic voting options for servicemembers and other U.S. citizens living overseas.

The Integrated Voting Alternative Site, which is scheduled to be accessible Sept. 1, will include information from all 55 states and territories on the various electronic ballot request and delivery alternatives available to U.S. citizens living overseas covered under the Uniformed and Overseas Citizens Absentee Voting Act, said Scott Wiedmann, deputy director of the Federal Voting Assistance Program. The IVAS will be found on the Federal Voting Assistance Program Web site, and will be updated to reflect changes to state laws, he said.

The by-mail ballot system is still the preferred, and most used, voting method for troops and citizens overseas, Wiedmann said, but it isn't always available, so DoD developed electronic alternatives starting in 1990.

"Servicemembers, just like any other American citizen, have the right to participate in the electoral process," he said.

Different states have different electronic voting options, but they almost all allow overseas citizens to use fax machines for at least part of the voting process, Wiedmann said. About 30 states offer blank ballot delivery by fax, and 24 states allow citizens to return ballots by fax, he said.

Ballots cannot be filled out or submitted online because of security concerns, Wiedmann said, but the IVAS will have an electronic Federal Post Card Application - the form citizens use to request an absentee ballot - that can be filled out and submitted to the state officials via a secure site. The state officials can then post a blank ballot to the same site, and the citizen can print it out and mail it back when completed, he said.

### TRICARE dental program helps retirees maintain good oral health

●Early diagnosis and prevention of dental disease is key to good dental health. The TRICARE Retiree Dental Program (TRDP) provides the coverage necessary to help enrollees maintain good oral health and often prevent the need for major dental treatment down the road.

Benefits available to TRDP enrollees include diagnostic and preventive care such as regular oral exams and x-rays, routine cleanings and fluoride treatments.

Diagnostic dental procedures like oral exams and x-rays - which are covered by the TRDP at 100 percent of the program's allowable amount and are not applicable to the annual deductible and maximums - help the dentist screen for changes in the oral tissues and detect some diseases at a stage when they can be more successfully treated.

Preventive care can also help enrollees avoid more serious dental problems in the future. Enrollees should start by developing good dental habits at home along with a program of professional care. Maintaining a balanced diet, limiting snacks, brushing and flossing daily, and making sure to have regular dental checkups are all important steps in maintaining good dental health.

The TRDP also covers such preventive services as cleanings and fluoride treatments for adults and children at 100 percent of the program's allowable amount, with no applicable deductible or maximum.

Coverage for preventive and diagnostic services with no deductibles or maximum gives enrollees the incentive to take good care of one of their most valuable assets: their smile. And when enrollees need more than just the basics to maintain their smile, the TRDP offers coverage for major services like crowns, bridges, partial and full dentures, and even braces for both children and adults.

Visit [www.trdp.org](http://www.trdp.org) for complete information about all the benefits available under the TRDP, or call Delta Dental of California, TRDP contract administrator, toll-free at 888-838-8737.

# Announcements



**Movie Schedule**  
at the **McGuire AFB Theatre**  
Movie Hotline 754-5139

**Friday, August 25 @ 7:30 p.m.**  
**Lady In the Water** - Paul Giamatti, Bryce Dallas Howard, Jeffrey Wright - When Cleveland Heep (Paul Giamatti) rescues an enigmatic young woman (Bryce Dallas Howard) from danger, little does he know that she is a character from a bedtime story, who is trying to return to her world. As he falls deeply in love with her, he begins to realize that he and fellow tenants are also characters in the fable, and they must work together to protect her from those who would prevent her from returning home.

**MPAA Rating:** PG-13 - some frightening sequences

Run Time: 1 hr. 50 min.

**Saturday, August 26 @ 7:30 p.m.**  
**John Tucker Must Die** - Jesse Metcalfe, Sophia Bush, Ashanti - Three jilted ex-girlfriends set up the boy who dumped them with a new girl in town that they're secretly hoping will break his heart.

**MPAA Rating:** PG-13 - sexual content and language

Run Time: 1 hr. 27 min.

**Future Features...**

**Miami Vice**  
Friday, September 8 @ 7:30 p.m.  
R, 2 hr. 12 min.

**The Ant Bully**  
Saturday, September 9 @ 7:30 p.m.  
PG, 1 hr. 28 min.

## Main Chapel

562-5791/562-2020  
**Sunday services**

Protestant at 9 a.m.

Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.

Catholic CCD is held at 9:15 a.m.

Protestant-Gospel Sunday School at 10:15 a.m.

### Religious Services

**Islamic Prayer Services**

held at noon, Monday through Thursday - Room 24

**Adult Bible Study**

Wednesdays at 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.

**Christian Women of the Chapel**

hold a Bible Study - Tuesdays, 9:30 a.m. to noon

### Jewish Services

Shabbat held every first and third Friday evening at 6 p.m. followed by KIDUSH Fellowship

**Holiday Rosh Hashanah Services**

Friday, September 22 - Evening Service - 6:30 p.m.

Saturday, September 23 - Morning Service - 10 a.m.

Sunday, September 24 - Morning Service - 10 a.m.

**Chapel 5** (Bldg. 5950)  
562-4847

Memorial Prayer Service for Our Soldiers

5:45 p.m. each Sunday  
Computer Room: Mon. - Fri.  
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.  
Infant Baptism and Lutheran Confirmation  
Instruction by appointment

## Organizations

### Boys and Girls Club Day for Kids

"Share a Moment, Create a Memory, and Make a Kid's Day!" Bring your kids out on Saturday September 16 from 1- 4 p.m. at the Youth Center for a day of fun. Celebrate time with your kids and share in the experiences of face painting, Volleyball, Family Relays, Youth Sports, Basketball Family Pictures, and much, much more. Parents must accompany their children. For more information contact the Youth Center at 562-5061.

### Register for yard sales

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for the Yard Sale information. introduction.

### CYS Program Vacancies

Child and Youth Services has slots available in full day care for children ages two to five years old. Openings are also available for before and after school care for youths in kindergarten through eighth grade. For more information call 562-4702.

### Fort Dix Mentor Program

All mentors - seasoned, new, or those wishing to apply or learn more about the Fort Dix Mentoring Program. For information call Anna Cooper, school liaison officer, at 562-6271. Make a difference in a child's life.

### Black History committee

The Fort Dix Black History Observance Committee is looking for volunteers to help with annual celebrations. Call Veverly Wakefield at 562-4036 for more information.

### Volunteer Opportunities at Prison

The Federal Correctional Institution at Fort Dix is looking for people to fill volunteer positions. They are looking to create and develop volunteerism through partnership with Community Groups, Public Service Organizations and other agencies in order to enhance public awareness, foster community relationships, and prepare inmates for successful re-entry into the community and family units.

All volunteer will have orientation training, Law Enforcement Clearance, Fingerprint/Photograph Interview, and a sponsor letter from a member of the community.

The Institution is looking for retired teachers, accountants, employers, crafters, retail clothing personnel, drug and alcohol counselors, students majoring in psychology who desire practical experience, volunteers who will serve as pre-release mentors, along with many more positions. Potential Volunteers should contact Samuel E. Edwards Volunteer Coordinator at (609) 723-1100 ext. 189 or e-mail SEdwards@bop.gov.

### Parents Anonymous

A community based self-help group which creates a setting in which parents' help each other develop methods of coping with stress and learn alternative methods of discipline. Our group is led by volunteer professionals but are actually run by parent leaders from our community. Childcare is available to all participating families. The group meets every Tuesday evening from 7 - 9 p.m. in Lumberton, NJ. Please call 609-265-8838 for more information.

## MOBILIZATION NEW YOU CAN USE

WDIX  
Commander's  
Channel 2

WDIX  
Commander's  
Channel 2

### Post Shuttle Bus

562-5888

Monday to Sunday -- 7 a.m. to 10 p.m.  
During the day *Start Tour* busses are used, in evening the military *Bluebird* busses are run.

### Dix Shoppette/Class Six/ Gas Station

723-0044

Bldg. 5359, Texas Ave.  
Monday to Friday - 6 a.m. to 10 p.m.  
Weekends - 7 a.m. to 10 p.m.

### BX/PX & Mall

723-6100

Monday to Thursday - 10 a.m. to 8 p.m.  
Friday and Saturday - 8:30 a.m. to 8 p.m.  
Sunday - 10 a.m. to 6 p.m.

### Commissary

754-4154

Monday, Holiday Hours- 9 a.m. - 6 p.m.  
Tuesday to Friday - 7 a.m. (early bird) to 8 p.m.  
Saturday - 9 a.m. to 8 p.m.  
Sunday - 10 a.m. to 7 p.m.

### Military Clothing/Sales Store-Alterations

723-2307

Bldg. 5601, Texas Ave.  
Monday to Saturday 10 a.m. to 5:30 p.m.  
Sunday - Closed.

### Club Dix

723-3272

Dix Cafe

CLOSED- Friday Saturday, Sunday & Monday

### Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop.  
Monday through Friday - 1 to 10 p.m.  
Saturday and Sunday - noon to 11 p.m.

AT&T Cyber Zone offers computer access for a fee

### McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate  
Monday to Thursday -- 6:30 a.m. to 9 p.m.  
Friday -- 6:30 a.m. to 7 p.m.  
Saturday -- 9 a.m. to 10 p.m.  
Sunday -- 9 a.m. to 7 p.m.

### Outdoor Recreation

562-6667

HOLIDAY HOURS  
Friday - 10-5 p. m.  
Saturday - 9-4 p. m.

Sunday - 9-4p.m.

Monday - CLOSED

Bldg. 6045 Doughboy Loop

Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.

### Computer Lab

562-5228

Delaware Ave. & First St.  
Tuesday to Friday - 1 p.m. to 9 p.m.  
Saturday- Sunday - 1 p.m. to 7 p.m.

### McGuire Gas Station

723-4705

East Arnold Avenue by th 24-hour gate  
Monday to Friday - 6:30 a.m. to 7 p.m.  
Saturday -- 9 a.m. to 7 p.m.  
Sunday -- 9 a.m. to 6 p.m.

### Firestone

723-0464

Bldg. 4201 on Texas Ave.  
Monday through Friday - 7 a.m. to 7 p.m.  
Saturday - 7 a.m. to 5 p.m.

### Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 5:30 to 7:30 a.m.  
Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.  
Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5985 (FOB)

Breakfast Mon - Sun 5 to 6:30 a.m.  
Dinner Mon - Sun 6 to 7:30 p.m.

### Burger King 723-8937

Bldg. 5399, Texas Ave.  
Monday to Saturday 6 a.m. to 8 p.m.  
Sunday 7 a.m. to 8 p.m.

### Spouses' Club Thrift Shop

723-2683

The Thrift Shop will close for inventory on Aug. 22 and will reopen Sept. 5.  
For more information call 723-2683

### Art's & Crafts

562-5061

Friday - 11-5 p.m.  
Saturday - CLOSED  
Sunday - CLOSED  
Monday- CLOSED

**WDIX**  
Channel 2 24/7

## Youth Center

Bldg. 1279 Locust Street  
562-5061

### Hours of Operation:

Tuesday - Friday 2 to 7 p.m.  
Saturday 1 to 7 p.m.  
Sunday & Monday CLOSED

### Administrative Hours:

Tuesday - Friday noon to 6 p.m.

### September Schedule

#### September 2

Open Rec

3:30 - 7 p.m.

Midnight Basketball

7 - 12 midnight

#### September 4

CLOSED for Labor Day

#### Septmeber 5-8

Self Directed Activities

### Attention:

The Teen Center will be CLOSED on Saturday, September 16 for BGCA "Day For Kids" & on Saturday, September 30 for Youth Leadership Forum "Teen Fiesta"

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.



## Chaplains' Corner

**Chap. (Col.) David Forden**  
chapel staff

When I listen to Soldiers tell me about how they view themselves, so much reflects back to how they were treated by people who matter in their lives, especially parents.

In the story of Pygmalion, which was the basis for the screenplay for *My Fair Lady*, we see a rough, ill-mannered and unwashed flower girl become transformed into an elegant lady.

As we watch the story unfold, we discover that there is more in the transformation of this young woman than the change in her outward appearance. There is a change that occurs deep within her because of the people she encounters. As she put it in her own words: "...You see, really and truly, apart from the things anyone can pick up (the dressing and the proper way of speaking, and so on), the difference between a lady and a flower girl is not how she behaves, but how she is treated. I shall always be a flower girl to Professor Higgins, because he always treats me as a flower

girl, and always will: But I know that I can be a lady to you because you always treat me as a lady, and always will."

It was George Elliot who said, "We are all apt to believe what the world believes about us." This is especially true when it comes to what children believe about themselves. This belief is formed, for the most part, by the way they perceive how their parents see them.

Our task as adults is to nurture the children who are entrusted to our care - to build them up so they can discover the Kingdom of God within themselves. This discovery can take place on a daily basis if we

take the scriptures seriously when it challenges us to "encourage one another and build each other up." (1Thess. 5:11)

The same goes for the way we treat our fellow Soldiers, when we treat others with honor, respect and dignity, which calls out the best in them to be women and men of honor, respect and dignity.

It is my prayer that wherever we see the flower girls of this world that we realize deep just waiting to be released.

The key to opening that possibility is the way we treat them.



**Active Duty / Federal Employee**

**Health & Fitness Fair**

**5k Run/Walk, Seminars, Over 50 Vendors, Door Prizes, and more!**

**Thursday, September 7**  
**0900hrs to 1500hrs**  
**National Guard**  
**Joint Training Center**  
**Bldg 3601, Fort Dix**  
**Call (609) 562-0858**

**SERVICES**

## Kids 'gear' up for school



**Ashley Barker, 8, far left, and Hailey Barker, 5, show off their new backpacks filled with school supplies and outfits they received Aug. 30 at Army Community Service. Hearts Apart, in conjunction with Operation HomeFront and MWR, gave away free backpacks and school supplies to children of mobilized and deployed Service Members. Children in kindergarten to third grade were eligible to receive the free gear in preparation for the start of school. Refreshments and other goodies were also provided by the New Jersey Chapter 899 Vietnam Veterans of America.**

Melissa Bird

## Soldier Show holds auditions

**Tim Hipps**

Army News Service

ALEXANDRIA, Va., Aug. 30, 2006 - Soldier-entertainers have until Dec. 31 to apply for an audition for the 2007 U.S. Army Soldier Show. Audio, video, lighting, costume and stage technicians also are needed.

Active-duty and reserve-component Soldiers are eligible to participate in the song-and-dance extravaganza that provides "entertainment for the Soldier, by the Soldier" during a six-month tour of Army installations.

Submission packets must include:

- A 10-minute DVD or VHS tape demonstrating your talent;
- A copy of the results of your most recent Army Physical Fitness Test, including height and weight;
- A copy of your updated enlisted or officer record brief;
- An entertainment resume;
- A Department of the Army photo or similar photo in uniform; and
- A letter of intent to release from your chain of command.

The letter of intent to release must state that if you are selected to become a cast or crew member

for the U.S. Army Soldier Show that your unit agrees to release you for a temporary duty assignment to Army Entertainment Division for the duration of the tour, which usually runs early March through late November. It must be signed by your company commander.

The audition DVD or VHS should include at least two different styles of vocal performance, along with other talents you possess, such as dance or the ability to play musical instruments. Be mindful that the Soldier Show is a family-oriented production.

Nomination packets should be mailed to U.S. Army Soldier Show, Attention: 2007 Selection Committee, P.O. Box 439, Fort Belvoir, VA, 22060. Express courier deliveries should be sent to U.S. Army Show, Attention: 2007 Selection Committee, 6091 Sharon Lane, Building 1434, Fort Belvoir, VA, 22060.

Although the 2006 season is winding down, Army entertainment officials urge applicants to attend a Soldier Show and discuss auditions with folks familiar with the process. This year's performance schedule and more information are available at [www.armyentertainment.net](http://www.armyentertainment.net). Specific questions e-mailed to [soldiershow@cfsc.army.mil](mailto:soldiershow@cfsc.army.mil) will be answered.

More than 200 Soldiers applied for 17 performer spots in the 2006 show.



## Rain stops Chargers

Ed Mingin  
Public Affairs Staff



photos by Ed Mingin

**RAIN DELAY** — The Fort Dix Chargers were scheduled to play an exhibition game this past Tuesday, but heavy rain and lightning cancelled the game. The Chargers continue to practice for the season opener, to be held Sept. 10 at Fort Dix. Malik Velmar, left, and Clayton Reinier, above, are shown running the ball during practice.

Fort Dix football was supposed to start this past Tuesday with a preseason exhibition game. Unfortunately, rain and lightning put a hold on the Chargers plans.

"They'll play if it's just a light rain," said Floyd Winter, director of Youth Sports. "If it's heavy rain or lightning, the games get called."

The Chargers were set to play at Mt. Holly and at New Egypt. Both locations cancelled the games.

"The game has been rescheduled for Friday," said Stephen Wilkes of Youth Sports. "I'm not sure about the New Egypt game. Coach Simms set that one up and I don't know yet if it's been rescheduled. The Mt. Holly game will be Friday."

Football players and coaches have been busy practicing for the past few weeks. First was a two-week conditioning session, which led to the start of football practice.

The first scheduled game of the season is set for Sept. 10. The first two games of the season are to be home games.

Players are still needed for the midget team. As of this past Wednesday, the team was on the borderline for the number of players needed.

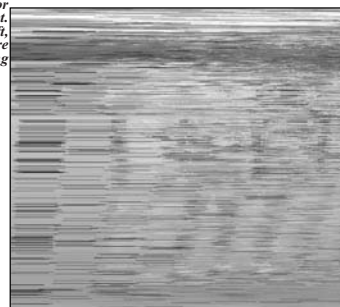
Anyone interested in signing up for the team should call Youth Sports at 562-2819.

Since it's so close to the start of the season, any players signing up to play now may have to wait a couple weeks before they can participate in games.



## Something fishy here

Fish were biting this week at Dogwood Lake. Sgt. First Class Mike Smith, NCO Academy, said the fishing at Fort Dix has been pretty good. Smith spent the early evening hours Tuesday fishing with his family. His wife Alberta is shown above with a large bass pulled out of Dogwood Lake. His son Miguel was set up on the other side of the lake, hoping to add to their bounty.



Ed Mingin

## Commander's Cup

Winners of the Aug. 23 Commander's Cup — Chuck Shuler, Jim Pittman, Ray Nelson, and Al Baxter. The next Commander's Cup will be Sept. 20. Call the golf course at 562-5443 for more information.

## Sports Shorts

**Griffith Field House**  
**Saturday & Sunday**  
9 a.m. to 5 p.m.  
**Monday - Friday**  
6 a.m. to 9 p.m.

**Doughboy Gym**  
Newport Ave.  
**Monday - Friday**  
5 to 9 p.m.  
**Closed weekends**

**Field House Fitness**

**Spin-It**  
Mon. noon - 12:45 p.m.  
Mon. 6:15 - 7:00 p.m.  
Tue. 5:15 p.m. - 6:00 p.m.  
Wed. noon - 12:45 p.m.  
Wed. 5:15 p.m. - 6:00 p.m.  
Fri. noon - 12:45 p.m.  
**Total Toning**  
Mon. 5:15 p.m. - 6:15 p.m.  
**Mind & Body Pilates**  
Tue. 8:30 a.m.  
Thur. 6:15 p.m. - 7 p.m.  
**Cardio Muscle**  
Tue. noon - 12:45 p.m.  
**Power Step**  
Thur. noon - 12:45 p.m.  
**Intro to Fitness**  
Thur. 5:15 p.m. - 6:15 p.m.

Call 562-4888 for more information.

**Commander's Cup**

The next Commander's Cup is scheduled for Sept. 20. Anyone wishing to participate should register a week in advance.  
Call the Golf Course at 562-5443 for more information.

**Fall Sports**

The Griffith Field House is signing up players for the flag football league.  
If there is enough interest, there will be a fall softball

league too.  
Anyone interested in either flag football or fall softball should call 562-4888.

For more info visit the track's website at [www.newegyptsspeedway.net](http://www.newegyptsspeedway.net).

**Outdoor Recreation**  
Sept. 9

**Mountain Biking**  
Fees: \$15 with your own bike. \$20 without your own bike.

**Sept. 16**  
**Sailing**  
Fees: \$75 adult - \$65 child

Call 562-6667 for more information about programs offered by Outdoor Rec.

**Bowling**

The "Tuesday Nite Keglers," a mixed bowling league is forming for the 2006/2007 winter season. Sign up at the Fort Dix Bowling Center. Both teams and individual bowlers are needed.  
League starts Sept. 12. Call Willie Williams at 893-8430 for more information.

For more info visit the track's website at [www.newegyptsspeedway.net](http://www.newegyptsspeedway.net).

**Local track offers military discount**

Once again New Egypt Speedway is offering a discount off the price of an adult admission ticket to all active duty military personnel and their spouses, with proper ID. The military discount is for Saturday night racing programs at the track located on Route 539 in Plumsted Twp.

For more info visit the track's website at [www.newegyptsspeedway.net](http://www.newegyptsspeedway.net).

# LAKEHURST CAPTAINS GOLF CHALLENGE

Pine Ridge Golf Course  
**SEPTEMBER 7, 2006**  
"Shot Gun Tee Time"  
**2 PM**  
(Texas Scramble Format)

**1st Place Prize**  
PINE BARRENS G.C.  
**2nd Place Prize**  
WOODLAKE G.C.  
**3rd Place Prize**  
LAKEWOOD G.C.  
**4th Place Prize**  
1892  
**Consolation Prize**  
TAYLOR MADE GOLF BAG  
**Prize in the Pin**  
MAXFLY HYBRID  
**Prize in the Bag**  
A PINNY GOLF CLUB SET

**\$40 Per Person**  
Includes 18 holes, cart and green fee  
Tournament Registration Limited to First 18 Foursomes  
To Register call CNATT Chiefs Office 732.323.2277  
Pine Ridge Golf Course 732.323.7483

**"Mulligans"**  
**2 for \$5**  
Limit 2 per person

**Cookout Included: Grilled chicken breast sandwiches/Chips/Soda! Plus --**  
**A donation to the beverage cart will quench your thirst!**



## ARTS & CRAFTS

Bldg. 6039  
Philadelphia Street  
**562-5691**

Registration & sales store hours:

**Tuesday-Thursday**  
noon-5 p.m. & 6-8:45 p.m.  
**Friday**  
11 a.m. - 4:45 p.m.  
**Saturday**  
9 a.m. - 4:45 p.m.

### PROGRAMS

#### 6-Week Introductory Pottery Class

Wednesdays, 6:30 - 9 p.m.  
Starting Sept. 6  
\$55 fee plus materials

#### 6-Week Intermediate Pottery Class

Thursdays, 6:30 - 9 p.m.  
Starting Sept. 7  
\$55 fee plus materials

#### Quilts For Kids

Sept. 9, 11 a.m. - 3 p.m.  
We are planning a visit to headquarters in Yardley, Pa. Come out and see where it all happens. Meet the founder Linda Ayres and have tea on the porch. Touch and see the designer fabrics. Meet at Arts & Crafts at 10:30am.

#### Lunch Classes

Fridays, 11:45 a.m. - 12:30 p.m.  
Sept. 15.....Hand-Painted Greeting Card  
pay only for materials

#### Adult Craft Classes

Tuesdays, 6 - 8:30 p.m.  
Sept. 12.....Ceramic Trivet  
Sept. 19.....Harvest Wreath  
Sept. 26.....Large Sushi Plate  
\$55 fee plus materials

#### Card-Making Workshop

Sept. 7, 6:30 - 8 p.m.  
Leave this workshop with an 8x10 3D, embellished and framed picture of your pet, and 4 scrapbook pages that could be framed, or for your album! Take this opportunity to use Close to my heart products with revolutionary My Acrylix Blocks! (\$25 fee)

#### Krafty Birthdays

Arts & Crafts offers Krafty Birthday Parties! Parties include up to 2 hours of party room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child! Call or stop by today for details! When making party reservations, please make sure to stop by in order to choose the craft and make payment.

#### Kids Pottery Class

ages 6-9, 10:30 a.m. - noon  
Session 1: Sept. 9, 16, 23, 30  
\$20 fee plus \$10 materials

#### Tween Pottery Class

ages 10-13, 1 - 2:30 p.m.  
Session 1: Sept. 9, 16, 23, 30  
\$20 fee plus \$10 materials

#### Kids Craft Classes

Saturdays, 2:30 - 4 p.m.  
Sept. 9.....Ceramic Barnyard Animals  
Sept. 16.....Halloween Mask  
\$5 fee plus materials

#### Family Fun Day

Sept. 23, 11 a.m. - 3 p.m.  
Come enjoy a day of fun with ceramics, pottery, and other wonderful projects we have to offer and receive 20-percent off your total purchase.

#### Back-to-School Sewing Classes

Thursdays, 6:30 - 9 p.m.  
Sept. 14, 21, 28

#### Framing Qualification Classes

Sept. 6, 20: 6 - 8:30 p.m.  
Sept. 9: 9 - 11:30 a.m.  
Get qualified to use this great facility and equipment! You'll complete one piece (cost of which is not covered by registration fee) about 8 x 10" which you must supply as you learn to operate the equipment. All materials are available for purchase at the frame shop.  
\$10 registration fee

#### Frame Shop

The frame shop offers both do-it-yourself framing and custom framing. The shop is well stocked with a vast array of molding and mat board, plus state of the art equipment and a technical expert with over 20 years of experience in the field to ensure the results are exceptional. Posters and fine art prints are also available for purchase or by special order.

#### Pottery Studio

The Pottery Studio offers classes covering both hand building and wheel throwing techniques. Once you've completed the initial class come in anytime during studio hours to use the facility.

## Honoring the Colors

### Reveille 6 a.m. (0600 hours)

#### Military personnel in uniform

Stand at attention, face the flag and salute at first note.

#### Military personnel not in uniform, civilians

Stand at attention, face the flag and place right hand over heart at first note.

#### Military personnel in formation or in a group

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

#### Individual military personnel, civilians in a vehicle

Stop vehicle and exit. Follow steps above.

#### Group of military personnel in a vehicle

Stop vehicle. Individual in charge exits and follows steps above.

### Retreat 5 p.m. (1700 hours)

Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.

Stand at attention, face the flag for Retreat, then place right hand over heart at first note of To the Colors.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of To the Colors, then "Order, Arms" at conclusion.

Stop vehicle and exit. Follow steps above.

Stop vehicle. Individual in charge exits and follows steps above.

### Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)  
Call to Quarters.....9:30 p.m. (2130 hours)  
Taps.....10 p.m. (2200 hours)







Photos by Ed Mungin



**ALL ABOARD** -- Members of the 404th Civil Affairs Battalion, along with Soldiers from the 450th, their sister unit, pack tightly into a Chinook helicopter. The Soldiers made a training jump at Lakehurst Naval Air Engineering Station as part of their new airborne designation. Many members of the 404th had received airborne training, but some had not jumped in years.

## Sky's the limit for Civil Affairs

(continued from page 1)

expertise in yet another mission," said Crowley. "It's been about 17 years," said Command Sgt. Maj. Lary Ruiz about the last time he jumped.

Master Sgt. Dennis Hicks had not jumped in 18 years. Though both men had not jumped in ages, they were both excited and looked forward to it.

"I had mixed feelings," said Ruiz. "Nervous because it's been awhile since my last jump and excited because there is nothing like jumping out of an aircraft while in flight and observing the ground approach as you slowly descend on the drop zone."

"Even though I have a fear of heights, the training and camaraderie makes it all so easy," said Hicks.

With the training jump behind them, the 404th is better suited to meet their mission. The battalion will continue to train and prepare for their role in the Global War on Terrorism.

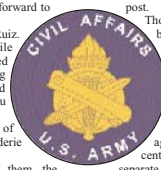
"The decision to make the 404th an airborne bat-

talion was a well-deserved action that has been in the works for over 12 years. We can now better serve units that arrive at the operations area by means of vertical envelopment," said Hicks.

The unit is stationed at the Kelly Reserve Center on Fort Dix, and frequently trains on post.

Though the 404th has only recently been designated as an airborne unit, it has been busy over the last couple of years with both deployments and new training for its Soldiers.

"The 404th currently has a Company deployed in Iraq, our Bravo Company. A few months ago, we had approximately 50 percent of the battalion deployed on 10 separate missions, in seven different countries, on four separate continents," said Crowley. "Most of the battalion has been deployed in support of the Global War on Terror, and many of us will deploy again."



**OUT THE HATCH** -- About 50 Soldiers took part in the training jump. Most of them were from the 450th Civil Affairs Battalion, based in Maryland. "They coordinated the jump, and have been our mentor as we stand up our own, independent Airborne capability. They are a great group of Soldiers," said Lt. Col. Robert Crowley, commander of the 404th. The 450th is the sister unit of the 404th, which is based at the Kelley Reserve Center.



**JUMP MASTER** -- Maj. John Bueg, Air Operations Officer for the 404th, signals the jumpers to prepare for the drop zone. Once over the drop zone, Soldiers would leave the helicopter in groups of 6 to 8 jumpers. "They've all been to jump school, but for some, it's been 20 years," said Bueg. "This is just refresher training."



**SOFT AS A FEATHER** -- A Soldier from the 404th Civil Affairs Battalion floats to the ground after his jump, above. The battalion jumped from a Chinook helicopter, which was brought to Lakehurst for the training exercise, right. Always looking for Soldiers who are "a cut above," the 404th is encouraging high-speed Soldiers to call them at (609) 562-2573.

